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**PHYSICAL THERAPY PRESCRIPTION:**

**Pectoralis Major Repair**

**RECOVERY / RECUPERATION PHASE: WEEKS 1 - 2**

\* Immobilization x 2 weeks except for pendulums

\* Elbow A/AAROM: flexion and extension.

\* Modalities (i.e. CryoCuff) PRN.

\* Wrist and gripping exercises.

\* Deltoid isometrics. Scapular isometrics.

\* Grip strengthening

\* Discontinue sling at 4-6 weeks (4 wks full time, 2 weeks part time)

**WEEKS 3 - 6**

\* At 3 weeks PROM: pulley for flexion in plane of scapula, horizontal abduction, ER/IR

pendulum exercises. AVOID abduction >90 and ER x 4 weeks

\* Deltoid isometrics.

\* Lightly resisted elbow flexion.

\* Continue with wrist exercises

\* Modalities PRN.

**WEEKS 6 - 12**

\* 6-10 weeks, gradual A/AA/PROM to improve motion in all planes.

\* Deltoid, Scapular isometrics progressing to isotonics.

\* PRE’s for scapular muscles, cuff, latissimus, biceps, triceps.

\* Joint mobilization (posterior glides).

\* Emphasize latissimus, & scapular muscle strengthen, stress eccentrics.

\* Keep all strength exercises below the horizontal plane in this phase.

# **WEEKS 12 - 16**

\* Pt should have full ROM.

\*Strengthening of pectoralis can begin.

\* Restore scapulohumeral rhythm.

\* Joint mobilization.

\* Aggressive scapular stabilization and eccentric strengthening program.

\* PRE’s for all upper quarter musculature (begin to integrate upper extremity

patterns). Continue to emphasize eccentrics and glenohumeral stabilization. All PRE’s are below the horizontal plane for non-throwers.

\* Begin isokinetics.

## ***AT WEEK 16+***

\* Begin muscle endurance activities (UBE). Focus on endurance of cuff and scapular

stabilizers.

\* No weight lifting/bench press until 6 months.

\* Advanced functional exercises / sports specific exercises.

\* Develop Home Program